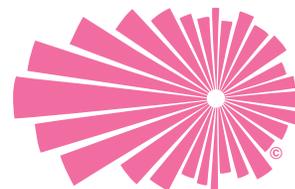


Supporting HOPE



Rays of Hope

Walk & Run Toward the Cure of Breast Cancer

Baystate Health Foundation

A Newsletter of

NUMBER 41 • FALL 2019

Moving Toward a Future Without Breast Cancer

Imagine it – a generation without breast cancer. It is the stuff dreams are made of, however, we believe it will be reality in the future. That generation will be able to say thank you to the thousands of people who walk, run, bake, hold tag sales and raise money in other creative ways all year long, every year, in support of Rays of Hope - Walk & Run Toward the Cure of Breast Cancer.

October was first designated as Breast Cancer Awareness month in 1985, originally to promote mammography and early detection as the main weapon against breast cancer. The pink ribbon has become iconic as a symbol of the fight. Breast cancer has not yet been eradicated, however, we have come a long way in understanding the disease and have new weapons to battle it.

Your investment in research has saved lives and improved outcomes. More than 3.5 million women and men are living beyond breast cancer in the United States today. While there is still more to learn, key discoveries have been made in the last 25 years that are moving us closer to a world without breast cancer.

Rays of Hope has been proud to support breast cancer research on a local level. Studies at the Rays of Hope Center for Breast Cancer Research have borne fruit leading to additional investment by the National Institute of Environmental Health Sciences, the National Cancer Institute and the Department of Defense. Scientific discoveries made here at home have even been published nationally.

“Rays of Hope, in its effort to support research through funding, has given rise to a brilliant collaboration between Baystate Medical Center, University of Massachusetts, and Pioneer Valley Life Sciences Institute, working toward understanding and reducing susceptibility and risk of this disease, giving hope and promise in the future that we will see less breast cancer,” shared survivor Anna Symington.



From left, sisters Donna Rounds and Anna Symington with their mother Filomena Ronghi - all breast cancer survivors - come together to support Rays of Hope.

The Breast Research Patient Registry, with more than 1,000 participants, has become a resource for collaborative projects both within and outside the Baystate Regional Cancer Program. Moving forward, there will be a second tissue registry created specifically for the study of metastatic breast cancer.

Until we have a generation without breast cancer, Rays of Hope remains focused on research while also supporting the women and men who have unwillingly embarked on this journey.

“Whatever Rays of Hope does, the organization ensures people are educated toward getting the right care and making good choices,” said survivor Filomena Ronghi.

“Rays of Hope provides an environment of less fear, less anxiety, less loss, more faith, more families, and more ‘Yes, we can!’,” added survivor Donna Rounds.

At Rays of Hope, we are dedicated to helping all those who are currently affected and hope to improve their lives through earlier diagnosis, better treatment and complimentary therapies.

For more information visit baystatehealth.org/raysofhope

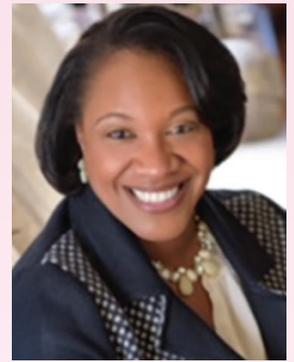
Chair's Message

As we enter the 26th year of the Rays of Hope Walk & Run Toward the Cure of Breast Cancer and I embark on the final leg of my two-year stint as the Chair, I have so many things to reflect along my journey. As the Chair, I have met so many people, so many families that share their stories of survival, and sometimes loss, but whatever the circumstance, the fact that Rays of Hope was there never goes unsaid. I can truly say that it has been an honor and a privilege to serve on behalf of this illustrious organization.

On October 21, 2018, the 25th anniversary Walk & Run took place – what a day to remember! We surpassed our goal. More than 20,000 people joined us and increased their fundraising; the weather albeit cold was beautiful; and to top it off, the 2018 winner of The Voice, Brynn Cartelli, graced the stage to help kick off the commemorative Walk & Run!

Leading up to that day, I reflect on all of the events I attended on behalf of Rays of Hope and most importantly, on behalf of the thousands of survivors and their families that have benefitted from the programs and services provided. I smile at the thoughts of all of the press events, TV appearances and meetings that our Founder, Lucy and I, attended as we continued to spread the good news about Rays of Hope – we had an absolute ball. I LOVE Lucy, no pun intended! 😊

For the past 20 months, I have had the honor to personally attend private fundraising events, where I accepted checks from businesses and organizations such as Table and Vine, White Lion Brewery, Gary Rome Hyundai, The Springfield Thunderbirds and The Chairlady's Crew's Pink Diamonds and Denim fundraiser. While at these events, it was always heartwarming to see so many businesses and individuals committed to raising funds and giving to this beloved organization.



Denise Jordan

This past June, during the Survivors' Day event at the Barney Estate, Dr. Makari-Judson and Dr. Mason made presentations to the audience providing updates and giving a chronological report of all the advancements that have occurred in breast cancer research and treatment over the last 25 years. Hearing about all of the advances that have been made and how there are so many new and improved treatments and medicines to treat breast cancer gave me hope. Knowing that the money raised is being put to good use and yielding promising results should inspire and encourage us all to do more.

As I think about the close of my term, I look forward to all of the events that will begin to occur leading up to this year's event on October 27, 2019. There is always so much joy and love in the atmosphere – the smiles and hugs and seeing participants decked out in pink all coming out to celebrate or memorialize a family member or friend by raising monies to support the Rays of Hope.

We set a goal to raise a lot of money to celebrate the past 25 years, let's exceed that goal by raising even more for 2019! Start lining up your teams, designing your T-s and planning your fundraisers and I will see you all on October 27!

Yours in Pink,

Denise R. Jordan

GET SOCIAL WITH US!



Instagram:
[@raysofhopema](https://www.instagram.com/raysofhopema)



Facebook:
Rays of Hope - Walk & Run Toward
the Cure of Breast Cancer



Pink in the Rink Supports Rays of Hope



If you haven't been to the Springfield Thunderbirds Pink in the Rink event, you are truly missing out on one of the most emotional and spectacular hockey events you will ever attend.

The Thunderbirds go out of their way to make this event extra special for the breast cancer survivors they are honoring as well as making it a magical night for everyone in the audience. The whole arena is awash in pink—balloons, clothing, banners, and even pink ice!

Players are decked out in one-of-a-kind jerseys designed each year for Pink in the Rink. Those highly prized jerseys are auctioned off after the game. Each high bidder gets a photo with the player who wore it.

The evening also includes a special ceremony on the ice with the lights turned low. Music starts to play, the pink light show

starts and a special tribute video is played. Then, more than 100 breast cancer survivors walk out onto the ice, some may even be rolling out in their wheelchairs, to cheers and standing ovations from the crowd.

At this year's Survivors' Day Picnic in the Park, Springfield Thunderbirds President Nathan Costa and Vice President of Sales and Strategy Todd McDonald presented a check from the third annual Pink in the Rink for \$20,000, bringing the total they have donated to Rays of Hope to \$50,671.



Save the date for the fourth annual Pink in the Rink – March 7, 2020!

Survivors' Day

It was a night filled with inspiring presentations, delicious food, DIY flower baskets, laughs, hugs and plenty of pink spirit!

More than 90 breast cancer survivors gathered at the beautiful Carriage House at the Barney Estate in Springfield to celebrate survivorship in June. Grace Makari-Judson, MD, co-director of the Rays of Hope Center for Breast Cancer Research and chair of the Baystate Health Breast Network, and Holly Mason, MD, chief, Division of Breast Surgery at Baystate Health and co-chair of the Baystate Health Breast Network, presented the latest trends in breast cancer treatment. Participants enjoyed a delicious meal and a sweet treat from Mr. Whippy's ice cream truck. Dennis Croteau and his staff from McClelland's Florist in Chicopee taught the group how to create gorgeous floral baskets, which each creator took home to enjoy. It was an inspiring evening all around! Thank you to all who participated.



ROH Funds: Raised LOCAL – Stay LOCAL!

Medical Update

Grace Makari-Judson, MD
Chair, Baystate Health Breast Network

Updates from the American Society of Clinical Oncology Meeting in June

Exploring diet

The 19-year follow-up of an important dietary intervention study was presented at this year's American Society of Clinical Oncology meeting. In the Women's Health Initiative (WHI), started in 1993, 48,835 postmenopausal women without breast cancer were randomly assigned to either follow their usual diet or a low-fat diet that included only 20% of calories from fat. The number of women diagnosed with breast cancer was not statistically different between the group following the usual diet versus the low-fat diet. However, the women following the low-fat diet had a lower risk of dying after the diagnosis. Other studies, such as the Women's Intervention Nutrition Study (WINS) and the Women's Healthy Eating and Living (WHEL) study were started in 1980s and 1990's and focused on fat reduction showed benefits but raised the question of what is more important: what you eat (e.g., fruits and vegetables) or what you don't eat (fat)?

The bottom line is that there is still no breast cancer prevention diet. Women who follow a healthy diet may still be diagnosed with breast cancer, however, once they are treated, they have better outcomes compared to others.

New treatments

We are fortunate in the abundance of new treatments for breast cancer. Before the year 2000, only four drugs were FDA approved for the treatment of breast cancer. The next decade brought four more drugs, then 2010-2015 introduced five new drugs. Since 2015, 10 more drugs have become available, especially in the treatment of advanced breast cancer. These include hormone treatments, chemotherapy, targeted antibodies, antibody-drug conjugates, small molecule inhibitors and immune checkpoint inhibitors.

Precision medicine has given us the opportunity to tailor treatments to target specific molecular alterations in a tumor so we can better understand what will be the most effective strategy. To keep up with this fast pace, we need to have clinical trials available and be able to identify who will be best served by which treatments.

At Baystate Medical Center, we recently opened the Metastatic Breast Cancer Registry. Metastatic breast cancer is not curable, but is treatable and these new treatments are allowing women to live longer. Individuals with metastatic breast cancer that agree to participate in the registry will have a sample of blood taken, allow access to leftover tissue from a prior biopsy and fill out a questionnaire. The information will allow identification of individuals eligible for clinical trials. This contributes to Baystate Regional Cancer



Program being more competitive by having real-time data for industry and cooperative group partners as new drugs become available for testing. For more information about clinical trials at Baystate Health, call 413-794-9875.

Other news from the FDA

We have received a number of questions from women regarding textured implants. In July, the FDA requested that Allergan recall its BIOCELL textured implants from the market. This implant represents less than 5% of the implants sold in the United States. The concern is based on the risk for a very rare condition called breast implant associated anaplastic large-cell lymphoma (BIA-ALCL). This lymphoma has been described in 573 individuals of which 481 had this type of Allergan breast implant. The likelihood of developing BIA-ALCL was six times higher with this specific implant compared to others. Benjamin Schalet, MD, Baystate Plastic Surgery, comments that the likelihood of developing BIA-ALCL was six times higher with this specific implant compared to others. "The estimated lifetime risk with this implant is approximately 1:6,000 but may vary based on factors such as genetic susceptibility and geography that are still under active investigation," said Dr. Schalet.

The FDA does not recommend that women that currently have these implants have them removed. They do recommend the following:

- Know the symptoms and report any persistent swelling, fluid or pain near the implant.
- Keep a record of the manufacturer, unique device identifier and implant model number. You likely received this at the time the implant was placed. If not it should be available from your surgeon or recorded in the operative note from the hospital where your surgery was done.

If you are interested in learning more about the Metastatic Breast Registry or other ongoing breast cancer trials, call the Baystate Regional Cancer Program at 413-794-9875.

Radiation Oncology Update

Michael J. Yunes, MD

Director of Clinical Operations, Radiation Oncology, Baystate Health

The Division of Radiation Oncology at Baystate Health has implemented two new techniques which, for a sub-set of women with breast cancer, will help limit radiation dose to the heart and lung: Prone Breast Treatment and Deep Inspiration Breath Hold (DIBH).

For women with the appropriate anatomy and stage of breast cancer, either lying on the stomach (prone breast treatment) or holding a deep breath while the radiation machine is on (DIBH) will move the breast tissue away from normal anatomy, limiting radiation exposure to the heart and lung. Our first few patients are undergoing treatment right now, and we expect to broaden use of these methods through the remainder of the year.

We are also excited to welcome the newest member of our physician team, Dr. Shivank Garg. Dr. Garg joins us from Thomas Jefferson University in Philadelphia where he completed his residency training in radiation oncology this spring and served as chief resident. Dr. Garg will become the fifth member of our physician team and will begin seeing new patients in August.



Michael Yunes, MD

Hillside Grange #20 Donates Scarves

Hillside Grange #20 members made and donated 125 pink and assorted colored scarves for the breast cancer survivors who visit the Pink Hope Lounge at the Rays of Hope Walk & Run. The Home and Community Service project was coordinated by Martha Emerson of Cummington, Mass. Berkshire South, Berkshire North, Connecticut Valley Pomona Granges and Williamstown Grange also participated in the project. Several of the women are breast cancer survivors.

The ladies who made the scarves were Beverly Herzog, Linnea Nelson, Amanda Cornellier, Nancy Lescarbeau, Joanne Michalski, Ann Urbin, Candy Smith, Janet Martin and Martha Emerson.

The scarves were presented to Sandy Hubbard, Rays of Hope volunteer and co-coordinator of the Pink Hope Lounge, at the August meeting of the Chesterfield Grange #83.



Sandy Hubbard accepted the scarves on behalf of Rays of Hope at the August meeting.



Some of the members who contributed to the scarf and hat collections.

listen to history

Pivotal moments in Rays of Hope's history from the people who've been a part of it since 1994

Rays of Hope
PODCASTS

go to BaystateHealth.org/RaysofHope and click Get Involved to find the podcasts

BUY A BAG AND SUPPORT RAYS OF HOPE

Rays of Hope is participating in the new Big Y Community Bag and Giving Tag Program!



It's simple – All you have to do to support Rays of Hope is visit any Big Y store, purchase the Community Bag and use the Giving Tag attached to it to direct the \$1 donation to us. Once you've purchased the bag, follow the directions on the tag to select "Baystate Health Foundation Rays of Hope" to designate the donation for each bag you purchase to Rays of Hope. Head to your nearest Big Y store and stock up on these great bags! For more information on the Community Bag and Giving Tag Program, visit bigy.bags4mycause.com.

Breast Program Update

Holly Mason, MD

Section Chief, Breast Surgery

The Baystate Health breast cancer care team, which includes surgeons, radiologists, pathologists, medical oncologists and radiation oncologists, continues to work toward optimizing breast cancer care in the Pioneer Valley. Close collaboration and communication between providers allows us to effectively tailor treatment recommendations to the individual patient and navigate the complexity of breast cancer management.

An excellent example of this collaboration is the team-based approach to management of axillary lymph nodes (the lymph nodes in the armpit). These are the nodes that breast cancer will spread to first. For almost 100 years, the management of lymph nodes in a breast cancer patient was to remove them all, what is called an axillary node dissection. Research has shown that removing all of the lymph nodes is not helpful to patients in terms of controlling breast cancer and, in fact, can be harmful due to the risk of lymphedema, a chronic and incurable swelling of the arm. Now we know that many patients can have just one or two lymph nodes removed without compromising breast cancer care, and a select group of women can avoid lymph node removal altogether.

The decision on how to handle the lymph nodes is not made by a surgeon alone as it once was; medical oncology and radiation oncology have a role in the decision-making process. Through the Baystate Health Breast Network, our team of specialists has developed guidelines, which are available to all practitioners at Baystate Health, that outline how to determine whether or not lymph nodes should be removed. Having guidelines helps to ensure that all patients receive the same quality of care across our health system.

As I discussed at Survivor's Day in June, the theme for breast cancer care now is escalating care when appropriate and de-escalating care when possible. This means maximizing all treatment options for aggressive or advanced cancers and avoiding treatment options that will not provide benefit or in cases where the potential harm outweighs the benefit.

This effort to individualize care can only happen when your team works together with you to determine what treatment plan will best treat your cancer and allow you to maintain your quality of life.



Holly Mason, MD

Breast Surgery Update

Baystate Breast Specialists is pleased to announce that Dr. Jesse Casaubon will join our practice this fall as a dedicated breast surgeon. Dr. Casaubon grew up in Colorado and is a graduate of Colorado State University. He obtained his medical degree from Rocky Vista University in Parker, Colorado. His clinical years took him everywhere from rural Colorado to Anchorage, Alaska, and to countries including Nepal, Malawi, Guatemala, Nicaragua, Costa Rica and Peru where he began to understand and appreciate the disparities in global health care. He completed his general surgery training in Brooklyn, New York, at the New York Medical College affiliate, Wyckoff Heights Medical Center. He has completed a Breast Surgical Oncology Fellowship at Brown University's program at the Women & Infants Hospital in Providence, Rhode Island.

Baystate Breast Specialists will also welcome Megan Elterman, FNP, to our practice in October. Megan received her undergraduate degree in nursing from the University of Massachusetts and her master's degree from Simmons College in Boston. Megan has 14 years of acute oncology experience at Baystate Medical Center and at Saint Francis Medical Center as a registered nurse. This experience provides her with excellent insight into the needs of patients and families during the entirety of their breast care journey. Megan will see patients at the Breast and Wellness Center on Wason Avenue.

One Sentence Makes a Lasting Impact

By including a gift in your will to support Rays of Hope, you continue to help the fight against cancer by supporting lifesaving and life-enhancing care for future generations.

You provide hope, you help fight disease, and you transform lives for the better.

When you are ready to include a gift to Rays of Hope through the Baystate Health Foundation in your estate plan, simply ask your attorney to add this suggested wording to your will to make a lasting impact:

I give DOLLAR AMOUNT [or ___% of my estate] to the Baystate Health Foundation, Inc., a charitable organization established by law in Massachusetts (Federal Tax ID# 04-3549011), to be used to carry out the mission of Rays of Hope.

Questions? Contact Kylie Johnson at 413-794-7789 or Kylie.Johnson@BaystateHealth.org. We're here to help at no obligation. We respect all wishes for anonymity.

Recent Research on Sunscreens: What Are Your Options?

Joseph Jerry, PhD, co-director, Rays of Hope Center for Breast Cancer Research

We know that sunscreen is valuable for reducing the risk of skin cancer if we are going to be in the sun. But with the wide range of choices, what are the active ingredients and how do you select products that may be best for you?

A recent article in the Journal of the American Medical Association brings attention to these questions. Researchers at the University of Massachusetts and Baystate Medical Center are also studying the effects of chemicals in sunscreens that affect breast health.

Are chemicals in sunscreen absorbed into our bodies?

The authors recruited volunteers who were asked to apply over-the-counter sunscreens to mimic use similar to what would be appropriate if you were at the beach and in the sun most of the day (four applications each day over 75% of their bodies for four days). Blood was drawn at multiple times to determine if components in the sunscreen were absorbed into blood, and therefore, might reach other parts within our bodies. Of the chemicals in the sunscreens tested for, oxybenzone was found to be absorbed within 30 minutes and reached the highest levels in blood. Levels of oxybenzone dropped rapidly after applications were stopped.

What this tells us is that oxybenzone is an effective sunscreen that protects from skin cancer, but can also be absorbed into our bodies. This underscores the benefit as well as questions about the potential for other effects. As a result, there is an ongoing debate regarding the use of products containing this class of chemicals.

What is oxybenzone and is it a concern?

Oxybenzone, also listed as benzophenone-3 on labels, is a chemical that absorbs light and protects the skin from the harmful effects of UV radiation. Most is excreted from our bodies within one to two days, and therefore, exposure to it is limited to the periods of use.

Oxybenzone is used in a variety of personal care products because it also protects items from breaking down when exposed to UV light during use or storage. As a result, oxybenzone is found at detectable levels in 97% of women, according to the National Health and Nutrition Examination Survey. It is also present in breast milk of nursing mothers and in the blood of fetuses of pregnant women. To learn more about products like this, check out “Skin deep??” a video produced in collaboration with Girls Inc of the Valley at bit.ly/GirlsIncSkinDeep.

But, will oxybenzone cause harm? This is a much more difficult question. The FDA sets standards for exposure to oxybenzone, and the participants in the study had levels that exceed that threshold after a single day of sunscreen application. The FDA thresholds include a “safety factor” and are far below the point where there is any overt toxic effect in animal studies or cell-based experiments. Furthermore, the consequences likely vary among individuals. Only a small number of people, approximately 1%, exhibit adverse effects of oxybenzone at levels that typically have no apparent effect on the majority of people.

Nonetheless, at high levels, oxybenzone can mimic some activities of estrogen. And thus, there is some cause for concern that it could promote breast cancer. Estrogen is a normal hormone in a woman’s body, so it is not immediately clear whether oxybenzone may pose a significant risk. For premenopausal women, typical levels of benzophenone contribute minimally compared to the potent activity of the body’s own estrogens. However, for postmenopausal women where estrogen levels are much lower, exposure to additional estrogen-like chemicals might be of some concern. Even among postmenopausal women, it is likely that risk might be limited to a small number of individuals who are more susceptible to oxybenzone. Given the widespread use of sunscreens containing benzophenone, if there were a generalized risk, it would likely be more evident in the overall incidence of breast cancer.

What are our options?

If you are concerned, you should look at all of your sunscreens and personal care products. It is usually listed in the ingredients as either oxybenzone or benzophenone-3.

For sunscreens, you can weigh the effectiveness of products. Depending on your needs, products containing oxybenzone may be best as it is likely used for a limited amount of time. Alternatively, there are a variety of sunscreens that do not contain oxybenzone. Products containing zinc oxide or titanium dioxide are generally regarded as safe and effective. Some alternative sunscreens may require more frequent applications. Therefore, you should read instructions carefully and use as directed to avoid a sunburn.

To learn more, visit pvlsi.org/featured-stories.



Like Rays of Hope on
Facebook today!

Debbi Torres: A Survivor's Story

Debbi Torres of Springfield, MA, supports Rays of Hope through her own team and multiple events that lead up to the event. She shares the story behind her team and her passion for the cause.

Why do you walk for Rays of Hope?

We walk to support everyone going through various stages of breast cancer, and we walk to honor those that fought hard, but ultimately lost the fight.

What is your team name and how did you come up with it?

Carol's Crazy Daisies. I had a different name years ago, but switched to this once my Mother started her battle with breast cancer. At first, it was to support her, but now we walk in her memory. Carol Stafford, we miss you dearly.

How many team members are there?

Officially online, we have two team members. Unofficially, there are eight that walk, but we have many more people behind the scenes who are continually supporting our events. Thank you, family and friends.

How do you fundraise as a team?

We have different events that we do throughout the year. We have had an English high tea, a yard sale, a color 'n sip, a campfire with s'mores and hot dogs, and a backyard family movie night. We want to try and reach as many people as possible within our community. Before any of the events, we

reach out through social media and ask for everyone we know to come and support this great cause.

How does supporting Rays of Hope and participating in the event make you feel?

We are honored and grateful to be able to help support such a worthy cause.

Do you do anything special, before, after or during the walk?

For the walk, we wear lots of pink, special team T-shirts and post at each mile marker.

How do you feel you have benefitted from Rays of Hope?

I am thankful to be part of such a large, giving community and be a part of such an amazing organization. It makes me and my team members happy to be able to give back to the community in which we live.

Is there anything else you would like to say?

Everyone out there: Please donate to this great cause. No matter what the donation is, big or small, your donation will help have an impact on someone. Become involved, however you can.



Debbi Torres

WINGS OF HOPE

Rays of Hope Walk & Run Toward the Cure of Breast Cancer Founder Lucy Giuggio Carvalho and 2018-19 Chair Denise Jordan posed in front of the Wings of Hope created by artist JFrost. Get your own Wings of Hope photo this year at Rays of Hope on Oct. 27!



Friendship Formed from Hope

Angela Bovat and Lindsey Bubar met by happenstance.

They were in the same location thanks to their children's elementary school orientation. As Angela sat through the program, her mind raced through thoughts about her chemotherapy treatment, which she was set to begin later that week. In front of Angela sat Lindsey, scarf wrapped around her head. She had just started her own chemotherapy treatment and when Angela saw the scarf, she asked a mutual friend to introduce them.

"It was an immediate connection," shared Lindsey. "I had someone who literally knew what I was going through."

"Your worlds collide with someone else's when you need them," added Angela. "It was kismet."

Through both of their cancer journeys, the women leaned on one another for support.

"We didn't meet for good things. We didn't connect because we had the same favorite vacation spot," said Lindsey. "We were there for each other at the absolute worst, lowest point, and somehow managed to piggy back off one another. It always felt like we were carrying each other throughout the whole thing and it just made the experience better—if it can be made better, it was."

"She's my person," shared Angela.

Their friendship and support network was complemented by family and friends who had a strong desire to help out where they could. After both of their diagnoses, the women had family members and friends who asked if they wanted to form a team to walk in the Rays of Hope Walk & Run Toward the Cure of Breast Cancer.

"When a friend asked me if I wanted to have a team, I said yes. I do want to do this. I want to have some fun. I need to have some fun in my life," shared Angela.

The result was a feeling of connectedness that both women experienced almost immediately.

"The first time you walk into Rays of Hope and you're a cancer survivor and you realize 'oh, this is for me and this is for other people like me. I'm now part of this community.' It was such an emotional experience," said Lindsey.

Funding for the future

Through their journeys, Angela and Lindsey have participated in the Walk & Run and have shared the importance of the programs and research that result from the funding.

"If we want to be here, if we want our daughters, nieces, sisters, and moms to be here, years down the road, then we have to continue to fund this and make sure that the money



is going toward research and programs that support people until we find a cure," said Lindsey.

"This isn't breast cancer the way that people had breast cancer 10 years ago, and that's because of the funds raised," shared Angela. "And, it's local. It's not like when you donate to something that's across the country. You don't realize how much you benefit from these programs until you're in the middle of it."

For Angela and Lindsey, Rays of Hope is part of the fabric of their friendship, deepening their bond, and providing an outlet for them to show their support for each other and the thousands of other survivors.

"Your world will collide with someone else's when you need them," said Angela. "She is the only one who gets it."

"I can't imagine going through this whole thing without having her weaved in it on such a deep, intimate, and personal level," added Lindsey.

#ROHPINKYPROMISE JOIN THE MOVEMENT

Do you work for a

MATCH \$ MAKER?

Your employer, or your donors' employers, may double or triple your donations to Rays of Hope!

Many companies will match donations made by their employees, employees' spouses and sometimes even individuals who have retired within the last year.

Requesting a matching gift is normally a five minute process that must be initiated by the donor. You can do this by filling out and submitting a matching gift form provided by your employer or through an electronic submission process.

How Do I Apply for a Matching Gift?

It's easy! Take these simple steps.

1. Check with your employer's human resources department or business office to learn if your company will match your donation. Remember to ask your donors to do the same.
2. Request your employer's matching gift form and program guidelines. There may be different guidelines for donations made by check or online. Most companies will ask you to complete and return a short form; the form may require our tax identification number - 04-3549011. Rays of Hope falls under the Baystate Health Foundation 501(C)(3) so please be sure to include that information. Therefore, your gift is tax-deductible to the full extent provided by law.
3. Complete the form and follow your company guidelines on submission to have your gift matched.
4. Remember to ask if your company also matches spouse or retiree donations.
5. If you are a fundraising participant collecting donations, please ask your donors to check with their employers, too.

Mail, email or fax your completed form to:

Rays of Hope – Matching Gifts
Baystate Health Foundation
280 Chestnut Street
Springfield, MA 01199
Email: BHF@BaystateHealth.org
Fax: 413-794-7729

And, that's it! You've learned how to double or even triple your donation to Rays of Hope! For more information visit BaystateHealth.org/RaysOfHope and click on "Get Involved."

If you have any questions, please check with your human resources department or call the Baystate Health Foundation at 413-794-5444.

A Little Help from a Friend

For women who have had a mastectomy, lumpectomy, or, in some cases, breast reconstruction, Mary Aframe, owner and founder of The Women's Imaging Center, is a person to know. Mary specializes in fitting women for "off-the-shelf" or custom breast prostheses. The custom pieces are created with 3D technology and provide women with symmetry that may have been lost during surgery. "They fit the chest wall like a puzzle piece," shared Mary.

Two Thursdays per month, Mary offers appointments for fittings at the Baystate Breast & Wellness Center. To set up an appointment, call 413-794-8899.



Pink Scarf Project Celebrates 10 Years of Hope

Since 2009 thousands of breast cancer survivors have been the grateful recipients of handmade pink scarves which they receive each year in the Pink Hope Lounge at the Walk & Run. We are calling all our crafty community members to knit, crochet or sew pink scarves for our courageous survivors.

If you are interested in donating a scarf to this year's event, please contact the Rays of Hope office at 413-794-8001, at RaysOfHope@BaystateHealth.org or deliver them to the Rays of Hope office located at 280 Chestnut Street in Springfield.

Cheers to 10 Years of Partnership

Ten years ago, Tammy Clark attended a craft show at Baystate Medical Center. Little did she know that her participation in that show would spur a relationship that raised almost \$15,000 for Rays of Hope Walk & Run Toward the Cure of Breast Cancer.

Baystate Health Foundation team member Barb Turcotte noticed Tammy's hand-painted wine glasses at the event and reached out to her about creating a unique design exclusively for Rays of Hope. What started as a one-year project turned into 10 years of partnership and creativity.

"I am so thrilled to be able to contribute my artistic skills to such an important program that helps women through a difficult time in their life," said Tammy. "Rays of Hope is near and dear to my heart."

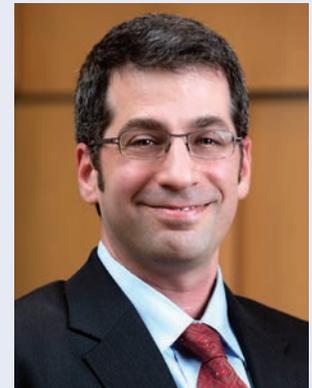
A few years after Tammy began creating wine glasses for Rays of Hope, she lost a close friend to breast cancer – that friend was also a talented artist and had helped Tammy paint the first design.



"She loved Rays of Hope and talked about how fantastic the program was and how much it had helped her when she was going through her treatments," shared Tammy. "After her passing, we dedicated one of our designs in her memory."

In celebration of the 25th anniversary last year, Tammy created her last round of wine glasses. Her pink and purple designs can be found in the homes of individuals across western Massachusetts, a constant reminder that the battle continues and a way to celebrate the incredible survivors who we walk for each and every year.

Thank you for all of your support, Tammy!



Seth Kaufman, MD

Seth Kaufman, MD, Named Fellow

Seth Kaufman, MD, radiation oncologist, was named a Fellow of the American College of Radiation Oncology at the organization's meeting in Orlando, Florida, in March. This is one of the highest honors that can be bestowed upon a clinician in radiation oncology. Congratulations, Dr. Kaufman!

Rays of Hope
Baystate Health Foundation
280 Chestnut Street
Springfield, MA 01199
413-794-8001
baystatehealth.org/raysofhope

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Springfield, MA
PERMIT No. 830

Baystate  Health Foundation | **ADVANCING CARE.
ENHANCING LIVES.**

Supporting Hope Editors: Grace Makari-Judson, MD, Michelle Graci, Sue-Ann Hilton, Cait Roberts, Michelle Shattuck and Kathy Tobin. Editorial Consultants: Maureen Sullivan

**Rays of Hope
Sunday, October 27, 2019**

Run Toward the Cure 8K:
Springfield – Forest Park
(starts at Temple Beth El)
Run Starts: 8:30 a.m.

Walk Toward the Cure:
Springfield – Forest Park
(starts at Temple Beth El)
Registration: 9 a.m.
Survivors' Photo: 10 a.m.
Program: 10:15 a.m.
Walk Starts: 10:30 a.m.

More details, including parking directions, fundraising ideas, a team captain guide, school and business participation, and sponsorship opportunities are available at baystatehealth.org/raysofhope.



**SAVE
THE DATE**



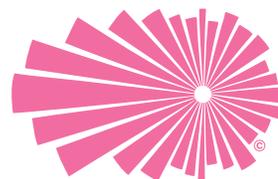
**SUNDAY
OCTOBER
27**



**SIGN UP
TODAY!**

BAYSTATEHEALTH.ORG/RAYSOFHOP

#ROHPINKYPROMISE



Rays of Hope

Walk & Run Toward the Cure of Breast Cancer
Baystate  Health Foundation

